## Daily Meal Plan and Go To Meals

Daily calorie goal:

| Meals | Number of Calories | Plan A | Go To Meals |  |
| :---: | :---: | :---: | :---: | :---: |
| Meal \#1 <br> Breakfast |  |  |  |  |
| Meal \#2 <br> AM Snack |  |  |  |  |
| Meal \#3 <br> Lunch |  |  |  |  |
| Meal \#4 <br> PM Snack |  |  |  |  |
| Meal \#5 <br> Dinner |  |  |  |  |
| Meal \#6 <br> Snack |  |  |  |  |
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